

We claim:

1. A soft gelatin nutritional supplement for administration to a pregnant or lactating woman for the purpose of minimizing unpleasant taste, regurgitation, gastroesophageal reflux, dyspepsia, nausea, or difficulty in swallowing or ingesting nutritional agents, which comprises:
  - an omega-3 fatty acid precursor, a derivative thereof, or mixtures thereof;
  - an omega-6 fatty acid, a derivative thereof, or mixtures thereof;
  - an omega-6 fatty acid precursor, a derivative thereof, or mixtures thereof;wherein the weight ratio of said omega-3 fatty acid precursor and said omega-6 fatty acid precursor to said omega-6 fatty acid is about 1:2.5 to 3.0; and  
a soft gelatin shell.
2. The supplement of claim 1, wherein said omega-3 fatty acid precursor and said omega-6 fatty acid precursor are derived from a plant source selected from the group consisting of flaxseed oil, linseed oil, soybean oil, sunflower oil and combinations thereof.
3. The supplement of claim 1, wherein said omega-3 fatty acid precursor is linolenic acid.
4. The supplement of claim 1, wherein said omega-6 fatty precursor is linoleic acid.
5. The supplement of claim 1, wherein said omega-6 fatty acid is derived from a marine source selected from the group consisting of shellfish oil, tuna oil, mackerel oil, salmon oil, menhaden, anchovy, herring, trout, sardines and combinations thereof.
6. The supplement of claim 1, wherein said omega-6 fatty acid is docosahexaenoic acid.
7. The supplement of claim 1, wherein said nutritional supplement is additionally comprised of a folic acid compound or derivative thereof in amounts ranging from about 0.2 mg to about 5.0 mg.

8. The supplement of claim 7, wherein said folic acid compound is extended release.

9. The supplement of claim 1, wherein said nutritional supplement is additionally comprised of a vitamin E compound, a derivative thereof or mixtures thereof in amounts from about 200 IU to about 600 IU.

10. The supplement of claim 1, wherein said nutritional supplement is additionally comprised of a mineral compound selected from the group consisting of iron, calcium, magnesium, potassium, copper, chromium, zinc, molybdenum, iodine, boron, selenium, manganese, derivatives thereof and combinations thereof.

11. The supplement of claim 1, wherein said nutritional supplement may be additionally comprised of one or more vitamin compounds selected from the group consisting of vitamin A, thiamine, niacinamide, pyridoxine, riboflavin, cyanocobalamin, biotin, pantothenic acid, vitamin C, vitamin D, vitamin E, vitamin K, derivatives thereof and combinations thereof.

12. A soft gelatin nutritional supplement for administration to a pregnant or lactating woman for the purpose of minimizing unpleasant taste, regurgitation, gastroesophageal reflux, dyspepsia, nausea, or difficulty in swallowing or ingesting nutritional agents, which comprises:

an omega-3 fatty acid precursor, a derivative thereof, or mixtures thereof;

an omega-6 fatty acid, a derivative thereof, or mixtures thereof;

an omega-6 fatty acid precursor, a derivative thereof, or mixtures thereof;

a calcium compound, a derivative thereof, or mixtures thereof in an amount ranging from about 10 mg to about 2,000 mg;

wherein the weight ratio of said omega-3 fatty acid precursor and said omega-6 fatty acid precursor to said omega-6 fatty acid is about 1:2.5 to 3.0; and

a soft gelatin shell.

13. The supplement of claim 12, wherein said omega-3 fatty acid precursor and said omega-6 fatty acid precursor are derived from a plant source selected from the group consisting of flaxseed oil, linseed oil, soybean oil, sunflower oil and combinations thereof.

14. The supplement of claim 12, wherein said omega-3 fatty acid precursor is linolenic acid.

15. The supplement of claim 12, wherein said omega-6 fatty acid precursor is linoleic acid.

16. The supplement of claim 12, wherein said omega-6 fatty acid is derived from a marine source selected from the group consisting of shellfish oil, tuna oil, mackerel oil, salmon oil, menhaden, anchovy, herring, trout, sardines and combinations thereof.

17. The supplement of claim 12, wherein said omega-6 fatty acid is docosahexaenoic acid.

18. The supplement of claim 12, wherein said nutritional supplement is additionally comprised of a folic acid compound or derivative thereof in amounts ranging from about 0.2 mg to about 5.0 mg.

19. The supplement of claim 18, wherein said folic acid is extended release.

20. The supplement of claim 12, wherein said nutritional supplement is additionally comprised of a vitamin E compound, a derivative thereof or mixtures thereof in amounts from about 200 IU to about 600 IU.

21. The supplement of claim 12, wherein said nutritional supplement is additionally comprised of a mineral compound selected from the group consisting of iron, magnesium, potassium, copper, chromium, zinc, molybdenum, iodine, boron, selenium, manganese,

derivatives thereof and combinations thereof.

22. The supplement of claim 12, wherein said nutritional supplement may be additionally comprised of one or more vitamin compounds selected from the group consisting of vitamin A, thiamine, niacinamide, pyridoxine, riboflavin, cyanocobalamin, biotin, pantothenic acid, vitamin C, vitamin D, vitamin E, vitamin K, derivatives thereof and combinations thereof.

23. A method for reducing unpleasant taste, regurgitation, gastroesophageal reflux, <sup>3</sup> dyspepsia, or nausea associated with the administration of nutritional supplements, which comprises:

orally administering to a pregnant or lactating woman a soft gelatin capsule, wherein said soft gelatin capsule comprises:

an omega-3 fatty acid precursor, a derivative thereof, or mixtures thereof;

an omega-6 fatty acid, a derivative thereof, or mixtures thereof;

an omega-6 fatty acid precursor, a derivative thereof, or mixtures thereof;

wherein the weight ratio of said omega-3 fatty acid precursor and said omega-6 fatty acid precursor to said omega-6 fatty acid is about 1:2.5 to 3.0.